

## Help Scrips: What and Why?

pupil feels unsure. Working with a trusted mentor to think about and develop a simple script to ask for help can be useful in managing anxiety. Opportunities to practice it, and incorporate it into everyday situations is also beneficial. It should ideally contain a descriptive and coaching sentence to help a pupil navigate a difficult situation.

## Example:

Take 3 deep breaths, then find a safe person a friend o

Providing a sentence opener, and a framework that is flexible and can be used in a variety of situations, may be helpful.

## Consider:

The existing social skills of the pupil.

The types of situations that they may need help in.

Likely sources of support.

Including a grounding technique first. Sowing down and taking a moment to think about the response can be helpful.

Try to keep the script really simple.

Provide a written copy, possibly laminated and kept in a pocket, pencil case or bag as a reminder of what to do.

Practice the script in safe and comfortable environments and situations. This can help generalise it.

Share the script with families, so the pupil can be supported by everyone to use it.